

FREE ONLINE WORKSHOPS FOR PARENTS & CARERS



SUPPORTING EXAM/TEST WELLBEING



Would you like to know about supporting your child's wellbeing through exams and tests?

This 1 hour virtual workshop will explore:

- What might get in the way of wellbeing during exams
- How our brain and body might respond to stress and overwhelm
- Ideas of how to support our children (and ourselves) before, during and after exams.

WHEN?



Wednesday 10th April 18:00-19:00 | [Register here](#)

Or

Tuesday 16th April 13:30-14:30 | [Register here](#)

Or

Wednesday 1st May 10:00-11:00 | [Register here](#)



PLEASE NOTE:
THESE WEBINARS ARE ONLY FOR PARENTS AND CARERS IN SCHOOLS WE ARE CURRENTLY WORKING IN. PLEASE DO NOT SHARE WITH FRIENDS/FAMILY IN OTHER SCHOOLS.

